



FITNESSGRAM®

Healthy Fitness Zones

The *FITNESSGRAM*® uses Healthy Fitness Zones (HFZs) to evaluate fitness performance. These zones, established by The Cooper Institute of Dallas, Texas, represent levels of fitness that offer protection against the diseases that result from sedentary living. (Rev. 2007)

FEMALES

Age	One Mile Run min:sec ⁽¹⁾	20m PACER # laps ⁽²⁾	Walk Test VO ₂ max ⁽³⁾ ml/kg/min	Skinfold Measurement percent fat ⁽¹⁾	Body Mass Index ⁽¹⁾	Curl-Up # completed
5	Completion of distance. Time HFZs not recommended.	Participate in run. Lap count HFZs not recommended.	VO ₂ max HFZs not available.	32 – 17	21.0 – 16.2	2 – 10
6				32 – 17	21.0 – 16.2	2 – 10
7				32 – 17	22.0 – 16.2	4 – 14
8				32 – 17	22.0 – 16.2	6 – 20
9				32 – 13	23.0 – 13.5	9 – 22
10	12:30 – 9:30	7 – 41	36 – 44	32 – 13	23.5 – 13.7	12 – 26
11	12:00 – 9:00	15 – 41		32 – 13	24.0 – 14.0	15 – 29
12	12:00 – 9:00	15 – 41		32 – 13	24.5 – 14.5	18 – 32
13	11:30 – 9:00	23 – 51		32 – 13	24.5 – 14.9	18 – 32
14	11:00 – 8:30	23 – 51	35 – 43	32 – 13	25.0 – 15.4	18 – 32
15	10:30 – 8:00	32 – 51	35 – 43	32 – 13	25.0 – 16.0	18 – 35
16	10:00 – 8:00	32 – 61	35 – 43	32 – 13	25.0 – 16.4	18 – 35
17	10:00 – 8:00	41 – 61	35 – 43	32 – 13	26.0 – 16.8	18 – 35
17+	10:00 – 8:00	41 – 72	35 – 43	32 – 13	27.3 – 17.2	18 – 35
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach inches	Shoulder Stretch
5	6 – 12	3 – 8	2 – 7	2 – 8	9	Touching fingertips together behind the back on <u>both</u> the right and left sides.
6	6 – 12	3 – 8	2 – 7	2 – 8	9	
7	6 – 12	4 – 10	3 – 9	3 – 8	9	
8	6 – 12	5 – 13	4 – 11	3 – 10	9	
9	6 – 12	6 – 15	4 – 11	4 – 10	9	
10	9 – 12	7 – 15	4 – 13	4 – 10	9	
11	9 – 12	7 – 15	4 – 13	6 – 12	10	
12	9 – 12	7 – 15	4 – 13	7 – 12	10	
13	9 – 12	7 – 15	4 – 13	8 – 12	10	
14	9 – 12	7 – 15	4 – 13	8 – 12	10	
15	9 – 12	7 – 15	4 – 13	8 – 12	12	
16	9 – 12	7 – 15	4 – 13	8 – 12	12	
17	9 – 12	7 – 15	4 – 13	8 – 12	12	
17+	9 – 12	7 – 15	4 – 13	8 – 12	12	

⁽¹⁾ The number on the left is the lower end of the HFZ; the number on the right is the upper end of the HFZ. That is, for time, percent fat, and Body Mass Index (BMI), smaller numbers are better than larger numbers. Percent fat is based on skinfold measurements from the triceps and calf. BMI is calculated from measurements of weight and height.

⁽²⁾ If the 15-meter PACER is administered, these scores must be converted to 20-meter scores. The conversion table can be found at <http://www.fitnessgram.net>.

⁽³⁾ Aerobic capacity (VO₂max) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by inserting age, gender, weight, mile walk time, and heart rate at the end of the walk into the Rockport Fitness Walking Test equation.



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MALES

Age	One Mile Run min:sec ⁽¹⁾	20m PACER # laps ⁽²⁾	Walk Test VO ₂ max ⁽³⁾ ml/kg/min	Skinfold Measurement percent fat ⁽¹⁾	Body Mass Index ⁽¹⁾	Curl-Up # completed
5	Completion of distance. Time HFZs not recommended.	Participate in run. Lap count HFZs not recommended.	VO ₂ max HFZs not available.	25 – 10	20.0 – 14.7	2 – 10
6				25 – 10	20.0 – 14.7	2 – 10
7				25 – 10	20.0 – 14.9	4 – 14
8				25 – 10	20.0 – 15.1	6 – 20
9				25 – 7	20.0 – 13.7	9 – 24
10	11:30 – 9:00	23 – 61	42 – 52	25 – 7	21.0 – 14.0	12 – 24
11	11:00 – 8:30	23 – 72		25 – 7	21.0 – 14.3	15 – 28
12	10:30 – 8:00	32 – 72		25 – 7	22.0 – 14.6	18 – 36
13	10:00 – 7:30	41 – 83		25 – 7	23.0 – 15.1	21 – 40
14	9:30 – 7:00	41 – 83		25 – 7	24.5 – 15.6	24 – 45
15	9:00 – 7:00	51 – 94	42 – 52	25 – 7	25.0 – 16.2	24 – 47
16	8:30 – 7:00	61 – 94	42 – 52	25 – 7	26.5 – 16.6	24 – 47
17	8:30 – 7:00	61 – 106	42 – 52	25 – 7	27.0 – 17.3	24 – 47
17+	8:30 – 7:00	72 – 106	42 – 52	25 – 7	27.8 – 17.8	24 – 47
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach inches	Shoulder Stretch
5	6 – 12	3 – 8	2 – 7	2 – 8	8	Touching fingertips together behind the back on <u>both</u> the right and left sides.
6	6 – 12	3 – 8	2 – 7	2 – 8	8	
7	6 – 12	4 – 10	3 – 9	3 – 8	8	
8	6 – 12	5 – 13	4 – 11	3 – 10	8	
9	6 – 12	6 – 15	5 – 11	4 – 10	8	
10	9 – 12	7 – 20	5 – 15	4 – 10	8	
11	9 – 12	8 – 20	6 – 17	6 – 13	8	
12	9 – 12	10 – 20	7 – 20	10 – 15	8	
13	9 – 12	12 – 25	8 – 22	12 – 17	8	
14	9 – 12	14 – 30	9 – 25	15 – 20	8	
15	9 – 12	16 – 35	10 – 27	15 – 20	8	
16	9 – 12	18 – 35	12 – 30	15 – 20	8	
17	9 – 12	18 – 35	14 – 30	15 – 20	8	
17+	9 – 12	18 – 35	14 – 30	15 – 20	8	

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